



**Partnership for a  
Healthy Durham**

**Partnership for a Healthy Durham Quarterly Meeting**

January 18, 2023

12-1 pm via Zoom

Minutes

Facilitated by: Jess Bousquette

Topic	Major discussion points	Action steps and responsible parties
<p><b>Welcome</b> <i>Jess Bousquette, Overall Partnership Co-Chair, Durham County Department of Public Health</i></p>	<p>Jess Bousquette welcomed everyone and introduced the agenda.</p>	
<p><b>Partnership Committee Updates</b> <i>Partnership Committee Co-Chairs</i></p>	<p>Communications Committee Updates (Angel Romero-Ruiz)</p> <ul style="list-style-type: none"> <li>• There was lower participation in the Communications survey this year, but the main takeaway was a need to more broadly share updates from the various Partnership committees. They now have a monthly schedule for committees to provide updates in the newsletter.</li> </ul>	

- They will continue to spotlight members in the newsletter and would love any suggestions to improve this if they can!
- The group is working to schedule several communications training sessions on topics related to AI/Chat GPT in communications, as well as a social media workshop.

Access to Care Committee Updates (Shelisa Howard-Martinez)

- They are developing improvements to the Community Health Improvement Plans (CHIPs) related to Access to Care, due to wonderful feedback from the members that joined the group. They did this to reduce the number of interventions/strategies within the CHIPs.
- Medicaid Expansion starts December 1 in NC! Hundreds, even thousands, of people will be eligible for this expansion and will have health coverage. We know that there will still be many without coverage. She shared a [website from the North Carolina Department of Health and Human Services \(NCDHHS\)](#), which has a lot of information on what this is, how they can get signed up, other resources, and communication toolkits to share around this expansion.
- Two representatives from managed care for Medicaid answered some questions at our last meeting and the types of services they provide their recipients. Each insurance company has specific benefits or perks that they add to regular services, but other than that, they are all pretty similar.

Health and Housing Committee Updates (Charlene Harris)

- They are continuing on working to host a symposium on health and housing among our most vulnerable populations. We are trying to hone in on what populations to target, such as individuals with social security income (SSI), low income families with children. We are looking into what stakeholders to involve, as well as if we should partner with other organizations. The idea is to learn about what we need in the community, develop resources, and assist groups to improve health and housing.  
Question: *Do you know what the income margins will be?*

Answer: We do not have that, but most likely really low income (\$15/hr with families, people receiving housing vouchers, SSI, etc.

#### Mental Health Committee Updates (Valon Alford)

- The last couple meetings have been spent getting to know many of the members, as both co-chairs are newly appointed. They have also recently changed the time of their meetings, to 1pm on the third Thursdays instead of 2pm.
- We are working on an update on the Partnership newsletter to give information on different terms that may be used interchangeably, such as mental health and mental illness, to inform the public.
- We are looking at the CHIPs, including workplace wellbeing, so we are looking at some resources to assess this and make recommendations to improve workplace wellbeing around the community.

#### Physical Activity, Nutrition, and Food Access (PANFA) (Scott Brummel, Kat Combs)

- For the Food Access group, one of the priorities is working with MEANS database, which works cross the country to help communities address excess food waste and help us contribute to a county-wide strategic plan to help us address this problem in Durham county.
- School Nutrition: Durham's Innovative Nutrition Education (DINE) team, part of the health department, is meeting along with Durham Public Schools (DPS) nutrition, once a month in addition to PANFA meetings.
- Physical Activity: There is a lot going on in this area! Kat presented on some important data points related to physical activity, such as Body Mass Index (BMI) rates doubling among children and youth, and 42% of adults on average gaining 29 pounds; both of which have negative health implications.
  - The group will be working to place physical activity resources in various clinics, beginning with the health department.

	<ul style="list-style-type: none"> <li>○ Re-engagement with the YMCA of the Triangle in the work they are doing to reduce/prevent weight gain</li> </ul>	
<p><b>The Duke Endowment Grant/Healthy People Healthy Carolinas Update</b></p> <p><i>Krista Kicsak, Physical Activity, Nutrition, and Food Access Specialist</i></p>	<p>The Duke Endowment Grant (TDE) awarded the Partnership/Durham County Department of Public Health a \$750,000 grant with their Healthy People, Healthy Carolinas (HPHC) initiative to be used over the course of five years. HPHC aims to address chronic conditions through preventative measures and funds over 20 coalitions in both North Carolina and South Carolina. This grant was awarded to the Physical Activity, Nutrition, and Food Access (PANFA) Committee and emphasizes racial equity principles.</p> <p>Krista Kicsak presented how PANFA has used some of these funds, what they are currently working on, as well as what they plan to do in the upcoming months/years.</p> <ul style="list-style-type: none"> <li>• Continued work on Healthy Mile Trails (HMT). There was a cleanup done at the Lincoln HMT in early September and another one is being scheduled for early November. PANFA has used some TDE funds for HMT supplies, such as bags to hold personal items, water, Gatorade, and snacks.</li> <li>• A resource has been created for community members to easily locate free and low-cost physical activity resources. It is available in both English and Spanish and will be housed on the Partnership’s website, as well as partners’ websites if wanted, once it has gone through the final editing stage.</li> <li>• The group is working with MEANS Database (Matching Excess and Needs for Stability), an online platform for businesses, such as bakeries and restaurants, to list leftover food. Food security groups, such as pantries and food banks, can sign up and be alerted about this leftover food and then contact those businesses to retrieve the food. Another group with similar work, Food Rescue US-RTP, has also been connected with MEANS. The group will begin this work in Durham through a ‘pilot’ program with Durham Public Schools (DPS) Nutrition team.</li> <li>• Funds have also been used to sponsor both Partnership and community members for different educational opportunities. A few members went to the BikeWalk NC summit</li> </ul>	

in September, where they were able to learn about active transportation, funding opportunities, and other resources to help the community become more accessible. In November, a few team members from DPS Nutrition will attend the Food Waste Solutions Summit in Asheville, NC to learn more about food recovery work, learn from other groups who have started the work, and hopefully learn how to best incorporate this work in Durham.

- Funds have also been used for traffic calming measures, which makes roadways safer for pedestrians and bicyclists. Flex posts, which act as a barrier for bike lanes, have been purchased in the past and the group is currently working with the City's transportation department to identify where these may be useful again. They are making sure to keep equity in mind for these projects and identifying where they may best be placed.
- Moving forward, the group will, once again, work off of the Community Health Improvement Plans (CHIPs) identified through the Community Health Assessment (CHA). They will also work on physical activity during school-time, as youth spend between 7-9 hours a day in school and there are no requirements for activity during school. Funds are going to be used to buy more bike racks for DPS, to be placed around schools that either don't have any or don't have enough. Bike racks might also be placed on school staff buildings, such as one in downtown and one on Hillandale Rd, so that staff and teachers may bike to work if they choose. Finally, the group will use some funds to compensate community members for participating in community conversations.
  - DPS Nutrition would like to host parent engagement sessions to learn what they would like from school nutrition. PANFA has agreed to buy gift cards to compensate those that participate.
  - PANFA will be partnering with Neighborhood Improvement Services (NIS), housed with the City of Durham, to host listening sessions in the community to learn what they would like and what they need related to PANFA initiatives.

	<ul style="list-style-type: none"> <li>○ NIS is creating an online dashboard that will make their past and current community conversations available for the public to view.</li> </ul> <p>Krista is excited for work currently being done and what will be done in the upcoming months. She welcomed anyone interested to join in the work, as well as ask any questions.</p> <p><i>Kimberly Monroe asked: "It's great to do these community conversations, but how do you plan on</i></p>	
<p><b>Navigating COVID-19 in the Winter of 2023</b></p> <p><i>Dr. Jeff Jenks, Durham County Department of Public Health, Medical Director</i></p> <p><i>Liz Stevens, Durham County Department of Public Health, Deputy Health Director</i></p> <p><i>Lindsey Bickers Bock, Durham County Department of Public Health, Health Education and Community Transformation Director</i></p>	<p>Dr. Jeff Jenks presented recent data on Covid-19 in the community.</p> <ul style="list-style-type: none"> <li>• It is more challenging to determine Covid-19 levels in the community versus previous years. There is less data being collected and reported by the CDC, and less PCR testing being done. We are relying more on hospitalizations and indirect metrics, like wastewater data, to determine how much virus is in the community.</li> <li>• Recent data: there have been 35 new hospital admissions from Covid in the last seven days. <ul style="list-style-type: none"> <li>○ 7.2 new admissions per 100,000 population, which is a 25% increase from the previous week.</li> <li>○ Overall hospitalization levels are <b>low</b> (less than ten out of 100,000).</li> </ul> </li> <li>• The latest booster that will be given out to people is a great fit for the combination of strains of the virus we are seeing.</li> </ul> <p>Lindsey Bickers Bock presented on the best steps to protect yourself and others from Covid, which are the same steps we are used to.</p> <ul style="list-style-type: none"> <li>• Wear masks</li> <li>• Get vaccinated</li> <li>• Get tested</li> <li>• Stay home if you test positive or are not feeling well</li> </ul> <p>The health department's vaccination clinic is open Monday-Friday from 8:30-11 am, and 1-4 pm. <b>Walk-ins are not accepted! You must make an appointment.</b> Vaccines are for people six months and older. Covid testing and vaccination is now incorporated into the daily tasks of</p>	

the health department. That is, we will no longer have separate spaces for a Covid vaccine, it will be done where all other vaccinations occur. Moderna and Pfizer vaccines are available for children, and Moderna vaccines are available for adults who are uninsured and underinsured. Starting Monday, October 23, both Moderna and Pfizer vaccines will be available for children and adults with insurance.

Vaccine recommendations: Everyone aged five years or older should get one dose of the updated Pfizer or Moderna fall vaccine, including those previously unvaccinated or under-vaccinated. For children six months up to four years, they should get at least one dose of the fall vaccine if they are up-to-date on the vaccine. If they are not vaccinated or under-vaccinated, they may need additional doses.

Free home tests are still available to ALL DURHAM RESIDENTS! They can be picked up at the health department's Clinic 1 during normal business hours. Here are some resources:

- [www.covid.gov/tests](http://www.covid.gov/tests), [covid19.ncdhhs.gov/FindTests](http://covid19.ncdhhs.gov/FindTests) can help you find tests.
- [Covid19.ncdhhs.gov/FindTreatment](http://Covid19.ncdhhs.gov/FindTreatment) can help you find treatment.
- If your organization would like to receive home tests for distribution or event, contact us at [health@dconc.gov](mailto:health@dconc.gov) or 919-560-7600.

The guidance for Covid is as follows:

- Test as soon as you feel sick
- Make sure your test is not expired
- Speak with a healthcare provider about treatment
- Use the CDC's isolation guidance calculator and avoid people who are high-risk.
- Stay home for the first full five days (Day zero is when you started feeling sick or tested positive)
- Days six through ten: you may leave isolation if you are fever-free for 24 hours AND your symptoms are improving but continue to mask!

<b>Medicaid Expansion</b>	<p>In Durham and Chapel Hill, we will experience the second smallest decrease in number of uninsured folks, so we will also need to make sure people who are uninsured have access. Stress the advocacy and supporting the organizations that provide access to those without health insurance is huge. There are great toolkits in both English and Spanish that can be distributed.</p> <p><i>Question: What are the barriers for folks to access care/Medicaid after the expansion?</i></p> <p>Answer: It is income-based. There will still be a gap between where they qualify for various healthcare plans in the Marketplace. Immigrants and undocumented individuals, for example, may not qualify for Medicaid. There will still be a considerably large number who do not have access.</p>	
<b>Announcements</b>		
<b>Next meeting</b>		